

Desert **WARRIOR**



June 21, 2012

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June 27 is PTSD Awareness Day

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OPINION & EDITORIAL

Who Rocks the Cradle? Shifting gender roles in the home, workplace

Capt. Staci Reidinger
Station Public Affairs Officer

It's 2 p.m. on Wednesday and a young father sits tentatively with his six-year-old son awaiting a doctor's appointment. Working as a successful business executive, a wife financially supports her stay at home husband and three children. As a Monday morning norm before work, a mother cooks breakfast for the family while dad helps the kids get ready for school. What's going on in society? Are men losing their masculinity and identity as primary breadwinners? Are women losing their childrearing skills as their capabilities in the workforce continue to grow? The answer to all of these questions, in my view, is no. Quite the contrary is taking place. Instead, these changes may be strengthening marriages and increasing overall work and family happiness.

With over 70% of today's U.S. households requiring both parents to work, gender norms have moved away from the traditional roles seen in the 50s and 60s when most women stayed home to care for their children and home while men worked as the family's sole breadwinner. As women stepped outside the home, gaining financial and social stature in the late 60s, there was a spike in divorces due to the dynamic changes in women's positions in the home, in academia and in the workplace. But, by the late 80s, marriages

recovered well showing a decrease in divorces due to dual working families in comparison to single-income households. The reason for this positive adaptation is due in part to society's gradual shift in how gender roles are perceived in the home and the workplace. Stephanie Coontz, a History Professor and author specializing in U.S. and international gender studies, views this transformation as, "good for families, good for children and good for the workforce," because many families are beginning to shift their responsibilities to balance being parents and full time workers.

Coontz's findings also show a shift in women's choices about marriage, having children and balancing work and family obligations. Although society no longer stigmatizes women for deciding to return to work after having children, many still feel the pressures of successfully being a mother, wife and homemaker. These pressures are causing some women to delay childbirth in order to pursue higher education and career goals while others are working full time like their spouses but are also seeking more equality in sharing household and childrearing responsibilities. Despite these changes, Coontz

still sees traditional gender norms of the 50s impacting today's mothers because they feel that they must keep their home, children and spouse cared for while also holding down a 40 hour a week job. Unfortunately, without spousal support in the home, there are growing statistics that show burnout, lowered satisfaction in the workplace and marital struggles.

Luckily, men are seeing the shift and are taking strides to redefine their gender roles as a father and husband. A growing number of fathers are noticing how traditional gender roles of the past, shaped around women staying home as the primary child caretaker, are no longer acceptable in today's family setting. With this said, changing societal perceptions about men's roles as a father and work professional can sometimes lead to men feeling guilty or embarrassed when performing home or childrearing responsibilities normally reserved for women. The interesting shift over time reveals that current society is more accepting of women performing roles traditionally held by men than of men performing roles traditionally held by women.

Regardless of society's current stigma, fathers are redefining gender roles by taking on more parental responsibilities like taking time off of work for their children's doctor's appointments, attending parent-teacher conferences, participating in extracurricular events and staying home when their kids are sick. Coontz points out that as men and women break through gender norms of past generations to expose the benefits of gender role equality as parents, society will continue to adapt its perception and acceptance of how families balance work and family life.

What's on the horizon for role changes? My predictions include: more men trading places with women as primary child caregivers in the home; an increase in elderly parent caretaking that will change the dynamics of the traditional U.S. family; working young women marrying men who are either unemployed or making less than their wife; and working young men and women choosing to have a family without getting married or having a significant other involved in the process.

What's your opinion of changing gender roles? Do you agree or disagree with these societal shifts? How does this impact life in the military? I'd like to hear your responses. Please email staci.reidinger@gmail.com or post your response on our MCAS Yuma Facebook page.

“Society will continue to adapt its perception...”

**Want your opinion heard?
Here's how!**

Send your opinion or comment on previous articles to editor.deedub@gmail.com

The Desert Warrior reserves the right to choose content and edit as necessary.

Front Page Photo



Marine Corps Air Station Yuma Marine Corps Community Services hosted a Fire Hose 5k Fun Run on station for Marines, sailors and civilians, June 16. The station welcomed yumans to participate in the run along side military members. People of all ages competed for male and female first, second and third place. 1st Lt. Charles Stewart, Marine Aircraft Group 13 adjutant placed first with a time of 18:17 min.

Photo by Cpl. Jolene Bopp

Hot Shot

Range High Shooter

Lance Cpl. Samuel N. Schwyter, MACS-1; S-4



Desert *WARRIOR*

MCAS Yuma's Official Newspaper

Col. Robert C. Kuckuk
Commanding Officer

Sgt. Maj. Karl Villalino
Station Sergeant Major

STAFF

Capt. Staci Reidinger
Public Affairs Director

Gunnery Sgt. Dustin Dunk
Public Affairs Chief

Patricia Zoskey
Community Relations Chief

Cpl. Jolene Bopp
Media Relations Chief

Cpl. Laura Cardoso
Press Chief/Webmaster

Layout & Design

Cpl. Shelby Shields
Cpl. Laura Cardoso
Lance Cpl. Sean Dennison

Combat Correspondents

Cpl. Shelby Shields
Cpl. Aaron I. Diamant
Cpl. Laura Cardoso
Lance Cpl. Sean Dennison
Lance Cpl. Bill Waterstreet
Lance Cpl. Zac Scanlon

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COMMUNITY UPDATE

News to Use

MCAS YUMA ROAD CONSTRUCTION

The MCAS Yuma main gate will be closed for outbound traffic during working hours due to construction beginning Monday, June 25 through Friday June 29. The north gate will be open for both inbound and outbound vehicles from 5:30 a.m. to 5:30 p.m., Monday through Friday. Due to the closure of roads surrounding the ID Card Center, the Legal Office, Transition Assistance, Defense Travel System Office and Public Affairs, travelers can use the entrance off of Quilter where the arms are lifted temporarily. Use caution when driving in and around construction areas and prepare for delays exiting the air station during these dates.

2012 SUMMER HOUSEHOLD GOODS PEAK SEASON

The Distribution Management Office (DMO) aboard MCAS Yuma wants to remind U. S. Marine Corps Leaders, Service Members, Civilian Marines and their families of the challenges associated with moving household goods in the summer months. Visit, www.Move.mil to set up your Defense Personal Property System (DPS) account. Upon completion of your move application in DPS, contact the DMO office for required scheduling in a Group Counseling session. The DMO aboard MCAS Yuma accepts walk-in customers between 7:30 a.m. and 1 p.m.; Monday thru Wednesday and Friday. Only customers with appointments will be accepted after 1 p.m. Thursday's hours of operations are from 7:30 a.m. to 1 p.m. and closed the remainder of the day for administrative purposes. If you have any questions or concerns, please call (928) 269-2311.

STATION TO PROMOTE PTSD AWARENESS, ASSISTANCE

Up to 20% of veterans returning from Iraq or Afghanistan suffer from Post Traumatic Stress Disorder yet two-thirds do not seek treatment. MCAS Yuma, in coordination with Mindbody-

strength.org and station health care professionals, wants to help military members have a better understanding of PTSD symptoms and how to receive confidential assistance if needed. This year June 27 is marked as, "PTSD Awareness Day." The Station Theater will air, "A Different Kind of Courage" at 8, 9 and 10 a.m. on June 27 while the Station Gym will offer free drawstring bags with information about PTSD on this day while supplies last. Military members and their families are encouraged to attend this free event. For more information about PTSD, visit <http://militaryhealth.org/militaryptsd/>.

SONORAN PUEBLO CLOSED FOR LUNCH FRIDAY

The Sonoran Pueblo will be closed on Friday, June 22, 2012 during lunch due to a special event. The After Burner Grille, MCX Food Court and Cactus Bowl Snack bar all offer lunch menu items as usual.

MCAS SEEKS NEW VISITING NURSE

Must have current, active Arizona RN license, reliable transportation and good driving record. Med/ Surg, home health background and current CPR certification desired. Must be able to travel a minimum of five consecutive working days per month. Starting pay is \$21.48/hour plus benefits. Interested parties may obtain an application and application addendum by visiting www.nmcrcs.org/employ. Please send a completed and signed application, application addendum, and all supporting documentation to:

NMCRS Headquarters
ATTN: Human Resources
875 N. Randolph St, Ste. 225
Arlington, VA 22203
Fax: (703) 696-0144
E-mail: hr@nmcrcs.org
For more information, contact Lora O'Hara at (928) 269-2373.

Fact or Fiction? Debunking Lance Corporal underground myths



Q: Are we supposed to salute the flag outside the headquarters building when walking past it?

A: Per MARINE CORPS ORDER P10520.3B you only have to render a salute during colors. However, there is nothing that actually states you shouldn't salute the flag.

Submit your question to editor.deedub@gmail.com



5 Questions VMA-311 Commanding Officer

Lt. Col. Peter Blake

1. VMA-311 "Tomcats" just returned from a six month deployment in support of the 31st Marine Expeditionary Unit based out of Japan. Can you share some of the operational high-lights of the squadron's deployment?

The "Japan" Tomcats supported both the 31st MEU and MAG-12 depending on our location. While on Kadena AB, Okinawa and aboard the USS Essex we supported the MEU; while on MCAS Iwakuni, Japan we supported MAG-12. During our time with the MEU we flew numerous close air support training missions to rehearse procedures with forward air controllers from the MEU, 5th ANGLICO and USAF Combat Controllers. We also trained with the USAF F-15s aboard Kadena AB to practice tactics for integrated strike missions. While in Iwakuni, we did air-to-air training with Marine Corps F/A-18 Hornets and Japanese F-4 Phantoms and F-15J Eagles.

2. Did VMA-311 participate in any international training exercises? If so, where were they located and how did this training improve the capabilities of your squadron?

While aboard the Essex we supported the MEU and South Korean Marines during Exercise SSANG YONG, an amphibious landing near the city of Pohang, South Korea. We also flew maritime reconnaissance training missions to detect and identify ships for the US and South Korean Navies. While in Iwakuni we flew air-to-air training sorties with the Japanese Air Self-Defense Force. All of these training events helped us develop and rehearse integrated tactics with allied pilots, air traffic controllers and intelligence officers.

3. Now that the squadron is back in Yuma, what are the future operational and training plans for the Tomcats?

In September a six-plane detachment will deploy aboard the USS Peleliu in support of the 15th MEU. The remaining Marines of the Squadron will continue training for a scheduled deployment to Afghanistan in 2013.


4. As you prepare for your change of command on June 22, are there any words of wisdom you would like to pass on to your troops?

Guard and cherish your reputation and Marines and Tomcats - accomplish the mission and always maintain your character, both on and off duty.

5. What's next after VMA-311?

I will stay at MAG-13 for another year to work on AV-8B and F-35 issues.

Lt. Col. Peter Blake is scheduled to relinquish command of Marine Attack Squadron 311 to Lt. Col. Scott Mitchell on June 22 at the squadron's hangar.



FF-LIMITS LOCATIONS

Per Station Bulletin 1620

- 8th Street Smoke Shop
- Dely's Smoke Shop
- CMS Smoke Shop.
- The area known as "Shit Creek" continues to be off limits for military personnel from sunset to sunrise.

Mini Coop



Tailspotter

MiniCoop

A little, well built Chihuahua. He is a six year old mellow gentleman who just loves to hang out and be loved. For more information about adopting, contact the Humane Society of Yuma at (928)782-1621.



Annual Vacation Bible school creates splash

Lance Cpl. Zachary Scanlon
Desert Warrior Staff

Finding a way to have a fun and safe summer can be difficult for today's youth. Marine Corps Air Station Yuma's chapel offers just the solution by providing vacation bible school for children of military and civilian government employees.

The program, Son Rise National Park Vacation Bible School, educates children ages 4 to 14 about the scriptures of the bible, Jesus Christ's life and God while set in the theme of the great outdoors.

Run completely by volunteers, the school is free of charge for all attendees.

"I do this because I want to spread God's word to the kids," said Tonya Crespo, the director of religious education.

She helps educate the kids with activities by choosing a special bible story for each day with corresponding arts and crafts, snacks and games.

For the final day of the bible school, the children are given a chance to show what they have learned to their parents. MCAS Yuma's chapel sees this program as a way to help parents with

teaching good values while children are out of school.

"This is for the whole family to have fun together," said Holly Black, the Music leader and first time volunteer.

Introducing them to the gospel helps prepare them for life as a military child. It also gives them comfort in times when one of their parents may be gone, added Black.

"It's great to show kids how to use their bible and sing songs," said LCpl. Mathew Falibene, a volunteer from Marine Aviation Logistics Squadron 13. "How to live the right way and make the bible fun to learn."

Son Rise National Park Vacation Bible School, in its sixth year, had more than 100 kids participate this month and is looking forward to another positive turnout in the future.

It was a very successful event this year, added Crespo.

With this success, they are expecting to grow and expand their bible study offerings in 2013.



Photo by Lance Cpl. Zachary Scanlon

Anthony Aviles, employee of Arizona Adventure, slides down the slip n slide with a camper during the last day of Son Rise National Park Vacation Bible School June 15 at MCAS Yuma's Chapel. The camp was for children age 4 to 14 and provided a fun way to teach them about religion.

Marine takes home MCCS Employee of the quarter award

Cpl. Shelby Shields
Desert Warrior Staff

MCAS Yuma's Marine Corps Community Services staff members hosted an Employee of the Quarter Award's breakfast June 12 at Club Pulse on station.

One of the two recipients of the Employee of the Quarter Award was Staff Sgt. Jose Bugarin, the Afterburner Mexican Grill manager and first active duty Marine to receive this typically civilian award.

Bugarin, one of three Marines working directly with MCCS, received the award based on performance, dedication and overall contribution for the period, according to the award citation.

"He does everything basically by the book, the way it should be done," said Rita Marie Hastings, Afterburner cashier and civilian coworker.

A Long Beach, Calif., native, Bugarin only recently took charge of the Afterburner in February 2012. Previously he worked as the MCCS warehouse manager and the mobile exchange noncommissioned officer in charge, which he continues to manage during the Weapons and Tactics Instructor courses.

"The mobile exchange is something we do because we want to not because we are obligated to," said Bugarin. "We had such a good response the first time we've decided to keep it going."

Managing the Afterburner is Bugarin's first assignment in food and hospitality in his ten and a half years of service as an MCCS Marine.

"It was a challenge because I'm used to working in retail management," added Bugarin. "But we have to fill in where they need help and do our best at it."

His efforts at the Afterburner have not gone without recognition. The Afterburner as a whole was awarded the first ever facility of the quarter award at the MCCS breakfast.

"I work right along side them, I listen

to their ideas and they listen to mine," said Bugarin. "They've slowly started to work as a team instead of individuals taking orders and are realizing just how important they are."

Bugarin's hard work has also reflected in the attitude of his staff members.

"He expects everyone to do their best," added Hastings, who has been working at the Afterburner for seven years. "We trust him as a manager and leader. He is willing to listen instead of just give orders and is very fair."

The Afterburner, its staff and hard working manager are welcoming to all their customers and strive to ensure everyone leaves their establishment full and happy.



Photo by Cpl. Shelby Shields

Staff Sgt. Jose Bugarin assists a customer at the Afterburner Mexican Grill on station June 15.



Photo by Cpl. Shelby Shields

Staff Sgt. Jose Bugarin, Afterburner Mexican Grill manager, works along side his civilian counterparts at the Afterburner on station June 15. The Long Beach, Calif. native, is the first active duty Marine on station to receive the Marine Corps Community Services employee of the quarter award.

MCAS Yuma Commissary awards \$1,500 scholarship, celebrates program milestone

Sophia Cole proudly holds a check for \$1,500 during a scholarship awards ceremony on June 8 at the MCAS Yuma Commissary. She is joined, from left to right by Lucia Bjornstad, Store Manager, Maria Cole, Maj. Brian Cole, Chris Esparza of Reynolds Consumer Products, and Col. Robert Kuckuk, MCAS Yuma commanding officer. Each year, the Defense



Photo Courtesy of the commissary

Commissary Agency (DeCA) awards thousands of dollars in scholarships for military children to support their educational needs. This year marks the 12th anniversary of this scholarship program in which DeCA has awarded more than \$10 million to 6,742 military children around the world. Sophia Cole graduated from Gilla Ridge High School in June and has been accepted at her mother and father's alma mater, the University of Colorado at Boulder.

Fire hose 5k Fun Run



Photo by Cpl. Jolene Bopp

City of Yuma firefighters participated in the Marine Corps Air Station Yuma Fire Hose 5k Fun Run on June 16. Capt. Brandon Case, City of Yuma firefighter, carried his four-year-old daughter, Samantha, in the final stretch to the finish line. "The air station runs are great because about 40 percent of the fire department is prior military," said Case. "It brings back the old times of being in the Corps."

Healthy microwave meals

Station offers cooking class for healthy microwave alternatives

Cpl. Jolene Bopp
Desert Warrior Staff

Marine Corps Air Station Yuma Marines participated in MCAS Yuma's first microwave cooking class, June 12 at the station community center.

The class was designed in fall 2011 by two Semper Fit dietitians based in Miramar, Calif. and Quantico, Va., to help Marines get creative with microwavable meals while maintaining healthy eating habits.

"The Microwave Cooking Class includes the creation of three meals: Chicken Chili, Nachos and Fruit Pizza," said Nikki Dallam, MCAS Yuma health promotions coordinator, native of Sacramento, Calif. "All attendees will participate in preparing all the meals, ranging from chopping fruits and vegetables, to shredding chicken to mixing the ingredients for all the dishes."

By involving the Marines, the microwave class shows they are capable of making interesting healthy meals with minimal space and equipment.

"The class was informative and provided a new outlook on generic foods, as well as good food to snack on," said Lance Cpl. Tyler Erickson, a driver with Aircraft Rescue and Firefighting, native of Sacramento, Calif.

In addition to learning how to make microwave meals, Marines can learn about many other healthy decisions.

"All participants learn healthy and easy recipes for themselves and their families," said Dallam. "It gives everyone an opportunity to ask questions about nutrition and health and discover new ways to enjoy food. Also, Health Promotions offers an abundant supply of resources, ranging from recipe lists, healthy snacking tips and grocery guides."

Healthy eating is not the only thing Marines learn about, the course provides Marines a way to save money by making their own food instead of going out to eat. Some Marines may not realize they are spending more money on food than they need to be. The dishes taught during the class are ultimately cheaper and healthier than going out.

"A serving of the bowl of Chicken Chili made in our class today was \$0.94 and approximately 245 calories. A bowl of Chili at Wendy's is \$1.99 plus tax and 340 calories and a bowl at Subway is \$1.99 plus tax and 280 calories," said Dallam.

The microwave cooking class is the only class currently offered but more classes are currently in the works.

"Health Promotions is teaming up with Marine Corps Family Team Building in providing nutrition and healthy cooking classes to Marines, sailors and their families," added Dallam. "Some of the classes we are looking to offer include: a general healthy cooking class, a healthy baking class and cooking classes tailored for children."

The microwave cooking class is open to Marines, sailors, families, retirees and MCAS Yuma civilian employees.

"I would definitely recommend this class for barracks Marines," said Erickson. "It's good food for relatively cheap."

Specific dates for the next class are yet to be determined. Units and groups interested in attending the class may schedule a date with Health Promotions at 928-269-6642 or email yumhealthpromotion@usmc-mccs.org.

SMP helps Habitat for Humanity



Photo by Lance Cpl. Bill Waterstreet

From left to right: Sgt. Keith Hill, a MALS-13 aviation supply warehouse chief and a Tuscaloosa, Al. native; Lance Cpl. Adam Browndavis, a MALS-13 communications navigation technician and a Kingman, Ariz. native; and Lance Cpl. Mariah Arviza, a Marine Air Control Squadron 1 Tactical Air Operations Command operator and a Diamond Bar, Calif. native, volunteer at Yuma's Habitat for Humanity, June 14. Marines helped prepare 42 pallets of roof tiles that were donated to Habitat to Humanity, they crushed approximately 1,000 pounds of aluminum cans and cleaned up.

City of Yuma supports station exercise



Photo by Capt. Staci Reidinger

Six City of Yuma employees were recognized for their superior support of Marine Corps Air Station Yuma's Exercise Desert Fire on June 6, 2012 at the Yuma City Hall. MCAS Yuma partners with city, county and federal government and non-government agencies to conduct multiagency emergency response exercises throughout the year to improve interoperability and test the capabilities of first responders. All award recipients perform duties as Public Information Officers for the city and acted as either mock media or covered the exercise for training purposes. From left to right, Mike Erfert, Yuma Fire Department; Martha Guzman, Yuma City Hall; Dave Nash, Yuma City Hall; Alexis Duran, Yuma City Hall; Greg Wilkinson, Yuma City Administrator; Leanne Worthen, Yuma Police Department; Capt. Staci Reidinger, MCAS Yuma; Vidal Cruz, Yuma Police Department and Yuma Mayor Alan Krieger.

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Biden Promotes Service to Military Families

Lisa Daniel

American Forces Press Service

Dr. Jill Biden shed light on her message of rallying support for military families yesterday with a presentation before one of the world's largest gatherings devoted to national service and volunteerism.

Biden, wife of Vice President Joe Biden, spoke in Chicago at the National Conference on Volunteering and Service, which brought together an estimated 5,000 people to discuss ideas and challenges in community service. The conference is sponsored by Point of Light, a nonprofit born in 1990 out of former President George H.W. Bush's call for volunteerism. The organization last year assisted 4.3 million volunteers and 77,052 partners in 20 countries, according to its website.

Biden, whose son served in the Army in Iraq, told the audience that one of the "best parts of my role as second lady is spending time with so many veterans and military families." She said she always is inspired by their strength and resilience and said they represent only 1 percent of the U.S. population. That's why, she said, she and First Lady Michelle Obama started the Joining Forces campaign to mobilize all of America to support troops, veterans and families.

Since then, Americans have stepped up in many ways, Biden said, either as individuals, congregations, communities or companies. In collaboration with the Corporation for National and Community Service, Points of Light has facilitated volunteerism such as:

-- MissionServe and The Mission Continues that underscore the connection between military service and engaging returning veterans in civilian service;

-- Connecting thousands of veterans serving in AmeriCorps and SeniorCorps with 200 communities serving 700,000 military families in the next two years; and

-- Offering support to nonprofits like Operation Homefront and the National Military Family Association.



DoD photo by Elaine Sanchez

Dr. Jill Biden, wife of Vice President Joe Biden, speaks about the value of military family support during a roundtable discussion at the Pentagon, April 10, 2012. The roundtable included Deanie Dempsey, wife of Chairman of the Joint Chiefs of Staff Army Gen. Martin E. Dempsey, and honored the winners of the Joining Forces Community Challenge, which is an effort to recognize and celebrate the extraordinary military family support efforts of citizens and organizations across the country.

"This type of community support is absolutely critical to military families -- not just while our troops are deployed ... or when we welcome them home ... but for the months and years after they return to their communities," Biden said.

Today, the CNCS announced that more than 1,000 new AmeriCorps members -- the largest in the agency's history -- will provide education, employment and other services to veterans and military families this year, White House officials said in a news release.

The new AmeriCorps members will add to the support of more than 140 organizations and at least 27,000 Senior Corps and AmeriCorps members to serve some 600,000 veterans and military families in more than 200 communities across the country, giving a major boost to the Joining Forces initiative, it says.

"Our servicemen and women risk everything to protect America. It is our solemn obligation to support them and their families when they come home," said Wendy Spencer, CEO of the Corporation for National and Community Service. "At CNCS, we have taken this mission to heart. Serving and engaging veterans and military families is a top priority for us, and we are proud to make significant new investments to support those who have served."

Spencer announced that CNCS will award more than \$6.2 million in AmeriCorps grants to the American Legion Auxiliary, AMVETS, the California Department of Veterans Affairs, Community Anti-Drug Coalitions of America, Points of Light, Rebuilding Together, the Washington Vet Corps, and others.

AmeriCorps members will provide services including job placement, behavioral health counseling, community rehabilitation and reintegration projects, homeless veteran support and financial literacy, and tutoring children of deployed service members, she said.

More than 16,000 military veterans have already served as AmeriCorps members, Koby J. Langley, CNCS' senior advisor for wounded warrior, veterans and military family initiatives, said.

"The skills and leadership abilities forged in the hills of Afghanistan and sands of Iraq can be applied to solving problems here at home," he said. "AmeriCorps offers an opportunity to continue serving on a different battlefield, helping meet challenges in our communities."

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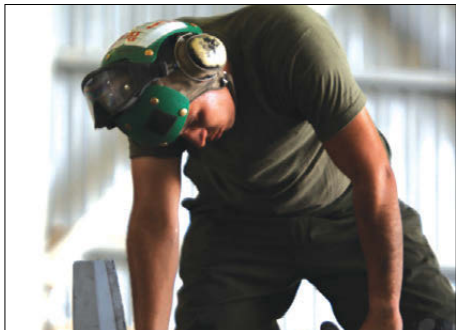


VMA-211 sets up shop in Afghanistan



Photo by Lance Cpl. Bill Waterstreet

Marines of Marine Attack Squadron 211 pose for a picture shortly before beginning their deployment to Afghanistan on the flightline of MCAS Yuma, April 17.



Lance Cpl. Luis Ramos is a native of Moses Lake, Wash., and a VMA-211 airframes mechanic.



Photos By Cpl. Lisa Tortelot
3rd Marine Aircraft Wing Forward

Left: Cpl. Shawn Smith is a native of San Diego, and a VMA-211 power line mechanic.

Right: Lance Cpl. Lucas Smith (left), an Austin, Texas, native, and VMA-211 avionics electrician. and Cpl. Andrew Haislip (right), a Napa Valley, Calif., native and VMA-211 avionics electrician.



Cpl. Marisa Dellinges is a native of Camino, Calif., and a VMA-211 ordnance technician.



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Welcome to Yuma



Photo by Cpl. Shelby Shields

Col. Robert Kuckuck, station commanding officer, welcomes more than 50 new Marines and their families to MCAS Yuma at the monthly Welcome Aboard Brief, June 20 at the Sonoran Pueblo. This brief is a great tool to help Marines get acclimated to what amenities are available on station.

Keeping your life "hydrated"

Lt. Cmdr. Timothy Powers
MAG-13 Chaplain



How thirsty desert dwellers get during the heat of the summer. How important it is to keep life hydrated when the hot winds blow sometimes with stinging sand blown along with the higher velocity gusts. Even if I'm traveling in the comfort of my car, on longer trips I personally like to bring an extra jug of water with me just in case of a break down.

In Psalm 42 the writer tells the story of a thirsty deer longing for a good flowing stream to drink from when it is confronted by a dry environment. The writer then compares the deer's thirst for water to his own thirst for knowledge of and relationship with God. The writer's thirst for God is quenched by remembering the good times of gathering with others in worship, receiving protection from God while sleeping, and hearing and seeing God's songs of love as he experiences them in God's care of creation.

But the writer of the Psalms is pushing back the winds of doubt and personal fears as he drinks of these flowing streams of God's presence. He sums up his tactic to deal with dryness by choosing hope and belief in God's help and redeeming acts in the world.

Marines and sailors can experience dry conditions not just when we go outside in the elements, but sometimes in personal relationships, in difficulty in meeting the demands of work, in financial situations, and in taking care of our own personal needs. Sometimes these dry times can have 2 or 3 issues draining us at the same time. When these dry times come, the practice of hope and belief is like a fresh drink from a mountain spring fed stream. Once we quench our thirst with confidence and trust we have renewed energy to work through these dry times and help others through them as well. Keep hydrated.

Chaplain's Corner

Chapel Schedule

Catholic Mass

Sunday 9 a.m.

Protestant Service

Sunday 11 a.m.

Ladies Bible Study

Tuesday 9:15 a.m. to
11 a.m.

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Lunch Time Bible Study

Thursday 11:30 a.m. to
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Change brings



Photo by Lance Cpl. Bill Waterstreet

Top: Sgt. Maj. Carlos A. Reina presents the Squadron Colors to Lt. Col. Craig R. Doty to then pass to Lt. Col. Rodney R. Tatum. This marks the official passing of command from the former to the latter.

Right: The change of command staff stand arrayed on the parade deck awaiting the commencement of the Marine Air Control Squadron 1 change of command ceremony. This ceremony marked the departure of Lt. Col. Craig R. Doty and the arrival of Lt. Col. Rodney R. Tatum.

Below: Lt. Col. Craig R. Doty, who is continuing on to the Navy War College in Washington D.C., salutes the new commanding officer of Marine Air Control Squadron 1 during the change of command ceremony. Lt. Col. Rodney R. Tatum has taken over as the CO of MACS-1.



Photo by Lance Cpl. Bill Waterstreet

Top: Left, Sgt. Maj. William Shaw, outboard Squadron 311 Sergeant Major, followed by Sgt. Maj. William Shaw, Sacramento native and oncoming VMA-311 Sergeant Major, complete the passing of the sword during a change of command ceremony at the squadron hangar June 1.



Photo by Lance Cpl. Bill Waterstreet



Members of the Marine Corps band march during the change of command ceremony at the squadron hangar June 1.

Photo by Lance Cpl. Bill Waterstreet

s opportunity



Photo by Cpl. Shelby Shields

outbound Marine Attack Squadron 311 Sergeant Major during a relief and appointment ceremony June 13.



Photo by Cpl. Shelby Shields

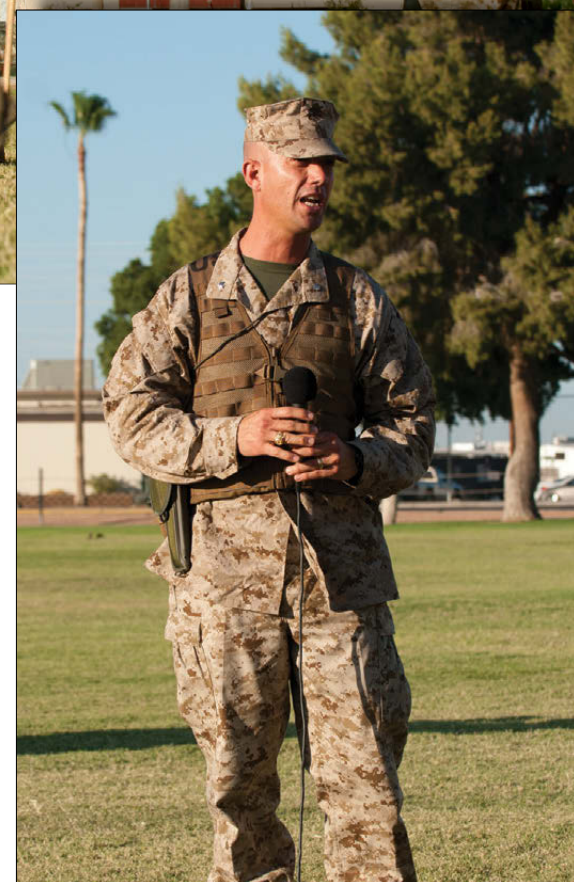


Marines with Marine Attack Squadron 311 stand at parade rest in their platoons during a relief and appointment ceremony at the squadron hangar June 13.

Photo by Cpl. Shelby Shields



Top: Lt. Col. Michael Prosser, outbound Marine Wing Support Squadron 371 commanding officer, who is heading to the Naval War College in Washington D.C., and Lt. Col. John D. Fleming, oncoming MWSS-371 commanding officer, exchange the squadron colors at the MWSS-371 Change of Command ceremony June 12 on the station parade deck. Prosser assumed command of MWSS-371 in June 2010. Fleming previously served as the Combat Logistics Regiment 1 executive officer before reporting to MCAS Yuma.



Photos by Lance Cpl. Zachary Scanlon

Lt. Col. John D. Fleming, Marine Wing Support Squadron 371 commanding officer, addresses the crowd at the MWSS-371 Change of Command ceremony June 12 on the station parade deck. Fleming previously served as the Combat Logistics Regiment 1 executive officer before reporting to MCAS Yuma.

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SMP EVENTS



VOLUNTEER OPPORTUNITIES:

June 22- River Clean up 8:30 a.m. @ SMP Rec Center followed by Mini float down and snacks

June 27- Yuma Food Bank 8:30 a.m. @ SMP Rec Center

June 28- Habitat for Humanity 8:30 a.m. @ SMP Rec Center

LEISURE EVENTS:

June 26- Dinner and a movie 6:30 p.m. @ Station Theater

June 27- Adult Swim 7 p.m. @ Station Pool

SEPARATION Transition Assistance

Cpl. Jolene Bopp Desert Warrior Staff

The newly-improved Transition Assistance Management Program focuses on individual needs of each Marine and sailor. As most know, TAMP is a program designed to help Marines and their families transition from military to civilian life.

"The student now has options to help them along their selected pathway," said Richard Welch, the station career resource center manager. "Not everyone is looking for employment immediately upon separation. To the new TRS takes that into account and provides optional training for those intending on going to college, university or vocational or technical schools. There is also an optional path for those who may be interested in starting their own business or franchising."

MCAS Yuma was chosen as a test site

for the changes and began conducting pilot seminars in January. The new Transition Readiness Seminar was implemented throughout the Marine Corps on March 26.

Currently, service members are required to attend the Pre-separation Counseling Brief where they learn about veteran benefits, education, relocation and financial management to name a few. Following the brief, attendees are required to take at least one assessment to help them determine or confirm which path is best suited for them. According to Welch, Marines will be required to attend the week long course then choose dates to attend extra classes for their selected pathways.

"If an individual feels that even though they plan on attending school upon separation, and will need to find employment

while doing so, it would be to their advantage to pursue both the employment and the education pathways," said Welch.

Extra courses also include a detailed presentation on how to write a proper resume including the federal resume. Instructors are trained to educate service members on how to be competitive in the civilian job market. Tools are also provided to translate Marine jargon into something an employer would understand.

Marines are required to attend TAMP 90 days prior to their separation date. It is highly encouraged to take it approximately a year prior due to the vast amount of information provided in these courses. Spouses are also encouraged to attend. To get signed up for the program, Marines must go through their Unit Transition Counselor.

The Reel Deal

Station Movie Theater Times

Thursday

Think like a man (PG13)
7 p.m.

Friday

Dark shadows (PG13)
6 p.m.
Marvel's The Avengers (PG13)
9 p.m.

Saturday/Sunday

TBD

Monday/Tuesday

CLOSED

Visit www.mccsyuma.org for updated movie schedules. Or call (928) 269-2358.

Events Calendar

Don't forget to mention you saw this on the MCCS Events Calendar!

june 21

Success over Stress and Anger

WHEN Thu, June 21, 1pm – 3pm

where Building 598

This weekly group is for individuals who have completed the Anger/Stress Management course and who feel they would benefit from additional support.

Youth Center Summer Camp Swim

WHEN Thu, June 21, 1:45pm – 3pm

where SMP Recreation Center

Youth ages 8-10 enrolled in SAC summer camp will enjoy the pool every Thursday. For more information call (928) 269-5390

june 22



Toddler Crafts

WHEN Fri, June 22, 10am – 11pm

where Building 645

Weekly on Friday, until Dec 28, 2012. Call (928) 269-2561 for more information.

Mom's Basic Training

WHEN Fri, June 22, 8am – 4pm

where Building 598

Childbirth preparation class that teaches expectant parents about what happens during labor and delivery Registration is required. For more information call (928) 269-2561

june 23

Live DJ

WHEN Fri, June 23, 8pm – Sat, June 23, 1am

where Club Pulse

Every Friday and Saturday come out to Pulse the Nightclub to listen to the Live DJ. Call (928) 269-2711 for more information.



june 24

No Scheduled Events

june 25

Play Morning

WHEN Mon, June 25

where Fellowship Hall

Playgroup for parents and children ages 5 and under. For more information call (928) 269-6053.

june 26

Tobacco Cessation Class

WHEN Tue, June 26, 1pm – 4pm

where Community Center

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To know where you're going, you must first know where you've been

VMA-311 passes on pride for rich history, tradition

Story and Photos
Cpl. Shelby R. Shields
Desert Warrior Staff



A reminder of the Fighting 311 Hells Belles patch hangs proudly in the hallway of Marine Attack Squadron 311's hangar. The Hells Belles changed to the Tomcats after World War II.

Once a week the Marine Attack Squadron 311 commanding officer gathers his Marines and shares a piece of the Tomcat history, a tradition carried on by past, present and future VMA-311 leadership.

VMA-311 holds an extreme amount of pride in knowing and preserving their squadron's legacy.

"Some units post their one page history up on the wall and that's about all you get. Not here at

VMA-311," said Sgt. Maj. David Wilson, the VMA-311 sergeant major and very new to the squadron. "I've only been here since last week but I can already tell you that every Tomcat you run into can and wants to give you a piece of this history."

Photos, newspaper clippings and lineage of former Tomcats line the walls of the VMA-311 squadron.

Wilson, who spent most of his 18 years serving with the infantry, has had no trouble transitioning from grunt life to aviation.

"The things that make Marines; hard work, dignity, dedication and mission accomplishment, are the same across the board," said Wilson, a Sacramento, Calif., native. "There are far more similarities than differences and these Marines here at VMA-311 are fantastic, some of the best in the Corps."

Originally called the Fighting 311 Hells Belles, the squadron has a unique story of how they came to be now known as the Tomcats.

"From what I understand, it was politically incorrect for us to have a naked woman on our patch," said Wilson with a laugh. "If you look closely at our current Tomcats patch you'll see that she still rides with us to this day."

The squadron switched over to the Tomcats sometime between World War II and the

Korean War.

VMA-311 also boasts a rich history of celebrity Tomcats including John Glenn, the first American to orbit the earth in space, and Ted Williams, base ball hall of famer.

"Those are some of the first historical facts I learned when I got here," said Wilson. "The Marines are very proud of the Tomcats who came before them."

A story about Ted Williams' adoration for his old squadron and Corps really stood out for Wilson. It's said that Williams was showing a young boy his memorabilia room, full of baseball photos, trophies and awards, at his family's home when the young boy asked "isn't that the Marine Corps insignia on the floor?" The young man was pointing to a rug on the floor which displayed the Marine Corps Eagle, Globe and Anchor.

Ted Williams proudly responded with "yea kid, that's the best team I ever played for."

"After all his years of baseball fame for him to recognize the Marine Corps as the best team just really hit home for me," added Wilson. "It's no wonder the Marines here are so proud, it seems they always have been."

Wilson, who only recently took charge of the more than 250 Marines with VMA-311 marveled at their hard work ethic and matched morale.

"There's units that work hard. There's units that have high morale. But for a unit to work as hard as this one does and keep morale as high as they do isn't heard of often," Wilson said admiringly.

The new VMA-311 sergeant major is looking forward to working with and learning more about the rich history accompanying the squadron and encourages all Marines to take the time to learn a little about where they came from.



Large books full of newspaper clippings highlight all of VMA-311's accomplishments since standing up 70 years ago.

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WHERE IN THE WORLD



Greater Cleveland area poolees stand at attention as recruiter Staff Sgt. Daniel Ferguson, salutes during the National Anthem prior to the Cleveland Indians taking on the Pittsburgh Pirates at Progressive Field during Marine Night June 15, during Marine Week Cleveland, which ends June 17.

Photo By Lance Cpl. Michelle Piehl

Lance Cpl. Jeremy Corea, an assaultman with 2nd Battalion, 5th Marine Regiment, inspects a hole in a wall during Operation Jaws, May 26, 2012. Corea often works with the combat engineers, discussing best way to use demolitions to overcome obstacles for the Marines.



Photo By Cpl. Timothy Lenzo



Photo By Cpl. Glen Santy

Maj. Gen. John A. Toolan, commanding general of 2nd Marine Division, communicates with the company commanders of 2nd Battalion, 8th Marine Regiment about the plan of attack for a battalion raid for Exercise Mailed Fist, June 18.

It's Your Corps

Around town, Yuma's hidden hot spots!

Cpl. Jolene Bopp
Desert Warrior Staff

Lately, my expectations of chain coffee shops have suffered, so I hunted for that special cup of joe to send my spirits soaring. Fortunately, I found it at my first stop, the Lighthouse Coffee Bar and Bistro located on Main Street and East 3rd Street in downtown Yuma.

When entering, your senses are overwhelmed by the delicious aroma of brewing coffee. The décor makes you feel right at home with a large bookcase along the wall complemented by local artists' work on the opposing wall.

Upon reaching the counter and looking at the menu options, you may not know what to get, since we've been sucked into the chain coffee shop fad with venti-low-fat-mocha light on the syrup blah blah blah. Have no fear! Not only are the employees welcoming and personable, they are knowledgeable as well. It's as if they have the gift of knowing exactly what to recommend.

If you're anything like me and enjoy something that is sweet but still has the taste of coffee, I would highly recommend the white mocha with caramel (warning: it does not taste anything like a Starbucks white mocha). One sip of this rich coffee sent my



Courtesy Photo

taste buds on a hyperactive frenzy of delight.

My first visit felt as though I walked out of the shop on a cloud. It set my mood for the entire day. The next time I went with my husband, who is a stickler about spending extra money on something you could just make at home, he too indulged in a little Lighthouse pleasure.

If the coffee isn't enough to make you want to go, they also serve breakfast, sandwiches, soups and baked goods made with natural ingredients. Instead of going to a chain for your next cup of coffee, try supporting a local business, and light up your taste buds at the Lighthouse Coffee Bar and Bistro.

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Entertainment Review: World of Tanks

Lance Cpl. Bill Waterstreet
Desert Warrior Staff

Recently, a friend introduced me to a computer game which is tantamount to a childhood dream come true for me. The game is World of Tanks and it has been a while since I have been so impressed by a video game. It runs just as the title would suggest: each player drives a tank in a 15-on-15 battle.

Lately, in the realm of video games, there has been a remarkably strange occurrence. This oddity is the rise of free-to-play games. World of Tanks (WoT) is one such game. It is as it sounds, completely free to play.

As a business model this is baffling. How does a producer make money when their product is free? Simply, the money comes from the ability of players to pay money as they go for specific in-game bonuses that improve their play experience.

Players begin playing and then pay the producer however much money they want, depending on how much they like the game and think it is worth. Despite these add-ons, the game will remain completely free if the player so decides.

This means there is truly no reason not to try World of Tanks because there is nothing to lose.

The game runs remarkably realistic armored combat, forcing players to adapt strategies developed by tankers in the wars of the previous century. WoT allows players to enjoy driving iconic tanks such as the German Tiger, American Sherman or

Russian T-34.

Military history enthusiasts can't help but fall in love with this game upon visiting its website. They offer weekly articles highlighting important events in the history of armor, and more importantly, run charity events where players can pay money to game developers to receive bonuses in-game and have a large portion of the payment go to a charity such as the Paralyzed Veterans of America.

WoT runs off an experience and credit system, granting both for success in battle. These currencies are then used to upgrade current vehicles or buy newer, better ones. The range of tanks runs from those invented just after the First World War to the ones used in the 1960's by the nations of America, Germany, France and the Soviet Union.

The matchmaking system ensures players are not thrown into games where they have no hope of success... most of the time. There are the occasional matches where the player will feel like a mouse among lions, but this is offset by the rounds where the player is ranked as the fiercest lion in the pride.

On the downside, the experience system in WoT slows down as better tanks are achieved, making progression arduously slow in later vehicles.

The official website touts WoT has over 20 million registered players and holds the Guinness World Record for the most players running on a single server at one time. This is no small feat.



The makers of WoT, Wargaming.net, are soon to offer two new free-to-play titles for those who are not as fond of tank combat. World of Warplanes and World of Battleships are in development and are soon to offer realistic experiences in the air and on the seas.

WoT requires a decent computer and a high-speed internet connection to run properly, but nothing more than other contemporary games.

World of Tanks has much to offer the military history buff and has become a hobby for me. I highly recommend it to gamers and military members alike. There's no reason not to; you can have it tonight for free.

Yuma heat hurting your workout plans?

Station group exercise classes can fill the gap

Classes offered:

- Combat Fitness
- Hard Core
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- RAMP

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Cpl. Aaron Diamant
Desert Warrior Staff

The station's group exercise center offers a variety of fitness classes to help Marines and spouses stay in shape.

"We have a variety of classes for every modality and metabolic need," said Ric Pierce, station fitness coordinator. "We offer muscle, cardio, spin, yoga and others, all taught by experienced and certified instructors."

The classes offer a good way for people to tone and strengthen their bodies, many set to music which helps take your mind off the burn, added Pierce.

"A lot of people don't know that you can really tone your body with group exercise," said Pierce. "Even the 'tough' Marines can find a course that will give them a really good workout."

Research shows high intensity circuit training, such as the type offered in some of the station's classes, can increase and improve

your metabolism more than 300 percent for longer than three hours after you exercise, said Pierce.

One of the only problems hurting attendance for the classes is the extremely limited availability of hourly childcare. Spots for hourly childcare have to be reserved a week in advance, and usually fill up very quickly, said Pierce.

"We can take care of all of your exercise needs without you ever having to step foot in the station gym," said Pierce. "All you have to do is put your fitness into our capable hands."

An additional bonus of group exercise courses is many are held indoors, away from the brutally oppressive Yuma heat.

The class schedule is available on the station gym's website, www.mccsyuma.org, or at the station gym. For more information on group exercise courses, contact Ric Pierce at 928-269-6769.



Photo by Cpl. Aaron Diamant

Zumba is one of many group exercise classes offered on station.

Yuma Downtown

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Come and experience Yuma Downtown!

Historic Downtown Yuma is often overlooked by Yuma visitors and residents. A morning or afternoon can be pleasurable spent exploring the many shops & dining options offered in the area. This area is used for street fairs and musical events throughout the year. Located in the area surrounding First Street and Main Avenue Historic Downtown Yuma is with walking distance of several Yuma area Attractions. Historic Downtown Yuma is now open to vehicular traffic but is best experienced by parking the car and enjoying a leisurely stroll. There are many surprises to be found in the courtyards and patios along main street.

There are many surprises to be found in the courtyards and patios along main street.

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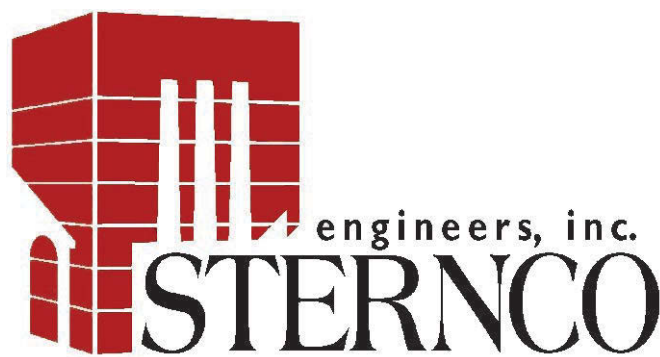
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2.4 Liter Ecotec 4 cylinder with E-Assist, 6 Speed Automatic Transmission, Power Convenience Package includes Power Seat Driver, Rear Vision Camera, Remote Vehicle Start, Inside Rearview Mirror, Universal Home Remote

MSRP	\$26,960	Military Price
Military Preferred price	\$36,159	\$25,409
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3.6 Liter V6 Engine, 6 Speed Automatic Transmission with Tapshift Transmission, Remote Vehicle Start, RS package includes High Intensity Lights, 20" Midnight Silver Alloy Wheels, and Onstar

MSRP	\$38,035	Military Price
Military Preferred price	\$36,885	\$36,135
USAA Member Discount	\$750	

2012 Chevy Cruze LS C5169

**Save
\$1,125**



6 Speed Automatic Transmission, 1.8 Liter Ecotec WT DOHC 4 Cylinder, Connectivity package with USB Audio, Bluetooth for Phone, and Steering Wheel Controls

MSRP	\$18,740	Military Price
Military Preferred price	\$18,364	\$17,614
USAA Member Discount	\$750	

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**Save
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2.4 4cylinder DOHC Ecotec, 6 Speed Automatic Transmission, LS Package includes Floor Mats Front and Back, Body Side Moldings, Steering Wheel Controls, Bluetooth for Phone, Air Conditioning

MSRP	\$23,370	Military Price
Military Preferred price	\$22,726	\$18,976
GM Rebate	\$3,000	
USAA Member Discount	\$750	

2012 Chevy Silverado 1500 2WD Crew Cab C5090

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\$6,675**



All-Star Edition comes with Vortec 5.3 Liter with Active Fuel Management Engine, 6 Speed Automatic Transmission, Locking Rear Differential, Trailering Package, Heavy Duty Cooling, Bluetooth for Phone, CD Player with USB Port, Power Seat, and Fog Lamps

MSRP	\$34,710	Military Price
Military Preferred price	\$32,785	\$28,035
GM Rebate	\$3,000	
USAA Member Discount	\$750	
Trade-in Rebate	\$1,000	

2012 Chevy Equinox FWD 1LT C5213

**Save
\$1,866**



3.0 Liter V6 Engine, 6 Speed Automatic Transmission, Allstar Package comes with Driver Convenience Package, Premium 8 Speaker System with Amplification, 18" Chrome Wheels

MSRP	\$28,530	Military Price
Military Preferred price	\$27,414	\$26,664
USAA Member Discount	\$750	

2012 Chevy Traverse FWD LS C5031

**Save
\$3,748**



3.6 Liter V6 Engine, Spare Tire and Wheel, 6 Months Onstar, Power Windows, Power Locks, Air Conditioning

MSRP	\$30,340	Military Price
Military Preferred price	\$29,342	\$26,592
GM Rebate	\$2,000	
USAA Member Discount	\$750	

2012 Buick Enclave FWD B2010

**Save
\$3,526**



3.6 Liter V6 Engine, 6 Speed Automatic Transmission, 6 Months Onstar, Air Conditioning, Power Windows, Power Locks, Cruise Control, Quicksilver Exterior

MSRP	\$37,540	Military Price
Military Preferred price	\$36,264	\$34,014
GM Rebate	\$1,500	
USAA Member Discount	\$750	

2012 Chevy Silverado 4WD Crew Cab LT C5085

**Save
\$8,734**



Silver Ice, 6.6 Liter Turbo Diesel Engine, 6 Speed Allison Transmission, 3.73 Gear Ratio, 271" Appearance, Interior Plus Package includes Power Driver Seat, Steering Wheel Controls, Bluetooth for Phone, Fog Lamps

MSRP	\$51,890	Military Price
Military Preferred price	\$48,406	\$43,156
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USAA Member Discount	\$750	
Trade-in Rebate	\$2,000	



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